



Supported by Arizona Department of Health Services,  
Cochise Health & Social Services, and Arizona Children's  
Association (AZCA)



## **Healthy Living Workshops**

### **LEARN HOW TO TAKE CONTROL AND MANAGE YOUR HEALTH**



Do you have diabetes, hypertension, COPD, arthritis, depression, chronic pain, obesity or other ongoing health condition?

The Healthy Living workshop can teach you the skills you need to manage your condition and get your life back.

The workshop is one time per week for 6 weeks with a pre-information meeting. Enjoy the company and support of others living with chronic conditions. **Workshop is FREE! Space is limited**

### **Workshop Schedule:**

#### **Introductory Session 0:**

Tuesday, February 16, 2016 10:00am

#### **Session 1 thru 6**

Tuesdays, February 23 - March 29, 2016

10:00am - 12:30pm

#### **Location:**

Constable's BLDG 4001 E. Foothills Dr.  
Sierra Vista, AZ



To register call Alesia or Bonnie  
520-224-9100 Ext. 1864 or 1866  
or email

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